

Useful Contact Details

	Name	Telephone
GP		
Asthma nurses		
Other healthcare		

Information and Support

Asthma and Lung UK

Advice Line: 0300 222 5800

Open Monday – Friday 9am – 5pm

NHS direct: 111

Smoking cessation advice:

Web: www.asthmaandlung.org.uk

Email: helpline@asthmaandlunguk.org.uk

Contact your GP or your Asthma nurse

<https://www.asthmaandlung.org.uk/living-with/stop-smoking>



Inhaler technique with mask



Inhaler technique with mouthpiece



Spacer care

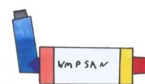


Breathing difficulty

Video QR
codes



Discharge / escalation advice





Asthma / Viral Induced Wheeze Management

Name	
D.O.B.	
Hospital no:	
Date of issue	

This Asthma and Viral Induced Wheeze Management Plan explains your child's asthma medications, how to recognise when their asthma or wheeze is getting worse and what to do. Take this plan with you and discuss any concerns you have when you meet your child's nurse, GP or hospital doctor. It is important that asthma treatment is reviewed at least every twelve months and this plan is kept up-to-date.

Regular treatment

Name of inhaler and strength	Dose : Morning 	Dose: Evening 
Preventer: Brown/orange/purple/red		
Rinse mouth or brush teeth after use		
Other asthma medications		

Take as needed

Reliever: Salbutamol (blue)	Please follow flowchart or as directed by respiratory team. If directed take _____ puffs 10-15 minutes before exercise.
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Remember to use the Spacer! - only one puff at a time

Your child's Asthma is under control if:

- The blue inhaler, salbutamol is needed three times a week or less.
- They have very few/no asthma symptoms – wheezing, coughing, shortness of breath.
- They can do all their normal activities without symptoms.

ACTION

- Do not stop your child's regular asthma medicines unless discussed with your GP / Asthma nurse.

WHAT DO I DO WHEN MY CHILD IS...

- Coughing or wheezing more than usual.
- Waking up at night with asthma symptoms.
- Needing to use their blue inhaler more than usual.
- Has a cold.
- Additional symptoms_____

ACTION - Asthma flare/wheeze attack

- **Follow Discharge / Escalation Flow Chart.**
- If requiring up to 6 puffs blue inhaler every 4 hours or their asthma symptoms are getting worse please contact your GP or Practice Nurse today for advice.

IT IS AN EMERGENCY IF YOUR CHILD IS...

- Breathing very fast and are using their neck or stomach muscles to breathe.
- Too breathless to talk, eat or drink.
- Tired, pale or blue around the lips.

ACTION - YOU MUST SEEK MEDICAL ADVICE IMMEDIATELY – DIAL 999

Whilst you are waiting for the ambulance give your child 10 puffs (1 puff at a time) of the blue inhaler using the spacer. You can continue to give 1 puff every minute until help arrives.

Discharge / Escalation advice

